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No discussion of selenium vs zinc. SE is

Nizoral, better than we even thought????

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Author	Message
 <p>jpgj New member Username: Jpj</p> <p>Post Number: 181 Registered: 07-2006</p>	<p>Posted on Thursday, January 18, 2007 - 10:51 am:  </p> <p>Before I start.....ANYONE USING NIZORAL should use the shampoo CORRECTLY if they expect results. That means either shampoo, GENEROUSLY lather, rinse, and REPEAT or simply shampoo and leave the lather in for at least 2 full minutes to allow the ketoconazole to penetrate the scalp. Some of the guys Ive seen on a few various forums who claim "Nizoral didnt do anything for me" also state "how can it help, shampoo is only on your scalp for 'like 30 seconds'". They obviously arent using it right.</p> <p>This following is culled from Nizoral's own website:</p> <p>* Following a single application of ketoconazole shampoo, ketoconazole persists at therapeutic concentrations for 7 days in the epidermal layers. In addition, substantial pityrosporal inhibitory doses of ketoconazole were detected on the hair for several days after use of the shampoo, the mean level at 72 h was 11.6 µ mg.</p> <p>Reference: Pierard GE, Arrese JE, Pierard-Franchimont C, et al: Prolonged effects of antidandruff shampoos-time to recurrence of Malassezia ovalis colonization of skin. International Journal of Cosmetic Science. 1997;19:111-117</p> <p>Here is a Nizoral article about a study that was performed on it:</p> <p>Nizoral 1% shampoo (the kind at your drug store) being used 2-3 times a week (about every third day) has been shown to be about as effective as 2% minoxidil at 6 and 21 months in hair growth.</p> <p>The important thing to remember here gentleman is that minoxidil gives higher hair counts than finasteride for a few years, but since it doesn't address the root problem of hairloss, it becomes less and less effective as years pass, even though Ive seen studies indicating that even at year five, hair counts on minox are still higher than baseline by a pretty good margin.</p> <p>In other words, Nizoral used every third day is probably at least as effective an anti-androgen as finasteride if its used correctly (I.E. leave it in for 2-3 minutes).</p> <p>Hair density evaluations at 6 months in a study posted at the resource library of hailrosstalk.com states that nizoral used 2-4 times a week (at 2%) increased by 18% and shrank the very SIZE of the sebaceous glands by almost 20% as well as lowered sebum secretions. Minoxidil saw only an 11% increase in density.</p> <p>Both medications were equal in measure of hair shafts individual diameter. They both increased diameter by 7%. Minoxidil, of course, is not anti-androgenic so it did not shrink sebaceous glands. The whole study (long and</p>

boring as it is) is here <http://www.hairlostalk.com/download/nizoral.pdf>

Regarding the anti-androgenic strength of ketoconazole, Docj077, a medical school grad student, wrote: "Might as well just take oral ketoconazole if we're going to play such physiology games. At least that blocks androgen synthesis everywhere including the adrenal glands. Taking it is more potent than an orchiectomy when it comes to the removal of total androgens from the body"

And Bryan Shelton pointed out from an Endo Journals article:

"They measured an average of about an 87% decrease in serum testosterone in healthy young men who took oral ketoconazole (as opposed to figures I've seen from castration that range around the the 90% - 95% level of suppression), but you also need to keep in mind that they used the very high dose of 1,600 mg/day of ketoconazole. Lower, more typical doses of the drug obviously wouldn't lower testosterone as much.

BTW, that study is very interesting for other reasons, too: it clearly shows that the aromatization of androgen into estrogen plays a VERY significant role in the HPTA regulation of testosterone production. That's been suspected for a long time, but the above study is very very convincing."

Ketoconazole, an medicine that was intended to be used for specific types of dandruffs and a particular microbial in the scalp, turned out to be a very anti-androgenic substance by whatever pathway it inhibits.

My main point in posting all of this is that for those of you who get side effects from finasteride and think "Oh dear, what can I come up with anti-androgenic to fight further hairloss" might have had a great tool all along in just 1% Nizoral available at any drug store. 2% Nizoral, which only slightly outdoes 1% in the study for hairloss is now ALSO available online in a few places. However, I'd imagine just using a generous amount of 1% Nizoral and leaving it in for a good 2-3 minutes would get plenty of ketoconazole to your epidermal layers.

For those of you who are leery of overshampoo usage, ketoconazole is available in creams also. I personally believe using Nizoral every third day or on Mondays, Wedsdays, and Fridays would not hurt you if you skipped shampooing or just used a very mild shmapoo quickly on the other days myself, but understand others convictions about SLS (yup, its in nizoral).

I hope this is good news for many in the forum that have experienced sides from finasteride, saw palmetto, or green tea (Ive had sides from green tea myself). Quite frankly, Ive often wondered why the medical establishment always seems to "forget" to mention nizoral as a possible treatment modality as well as finasteride and minoxidil. I think I know why.....if a guy caught baldness when it just started, Nizoral 2-3 days a week might not neccissitate him having to use the other two products at all, and Nizoral is made in Italy.



jpj

New member
Username: Jpj

Post Number: 182
Registered: 07-2006

Posted on Thursday, January 18, 2007 - 11:01 am:



<http://www.hairlosshelp.com/html/nizoral1study.cfm>

Thats the ad for the hairlosshelp page on nizoral. And here is the full text of its article on the study.....

Nizoral 1% Study Shows Benefits for Androgenetic Alopecia

March 04, 2001 - American Academy of Dermatology Meeting - Washington DC - Scientists working for McNeil, makers of Nizoral anti-dandruff shampoo, presented the findings of a study done on 1% Nizoral shampoo which has good news for hair loss sufferers. It has long been known that 2% prescription Nizoral has beneficial effects on Androgenic Alopecia (MPB). It however has been unclear whether the same benefits can be obtained by using the non-prescription 1% version.

In the study presented (see below), one hundred male volunteers with mild to moderate dandruff and somewhat oily scalp, were using, in a double-blind fashion, either a 1% Nizoral shampoo or a 1% zinc pyrithione shampoo, 2-3 times a week for 6 months.

Analysis of the different parameters set up in the study shows that the hair diameter gradually increased with Nizoral use (+8.46%) over a 6 month period, whereas the diameter showed a trend to decrease with zinc pyrithione use over the same period (-2.28%). The sebum excretion rate was reduced with Nizoral (-6.54%) while it increased with zinc pyrithione (+8.2%) over the same period of time. The number of hair shed over a 24-hour period was reduced by 16.46% with Nizoral and 6.02% with zinc pyrithione after 6 months. Finally, the percentage hairs in anagen phase increased by 6.4% and 8.4% respectively during the study time.

The results are similar to a previous study done on 2% prescription strength Nizoral where it was shown that use of 2% Nizoral yielded a 7% average increase in hair shaft diameter similar to what was achieved by the control group using 2% Minoxidil and a non-medicated shampoo.

So for any hair loss sufferer, this research clearly indicates that using 1% or 2% Nizoral 2-3 times per week, will have positive effects on hair growth as well as controlling dandruff. It is still unclear at this time whether it's the anti-fungal properties or the anti-androgenic properties of Ketoconazole (active ingredient in Nizoral) that's responsible for the hair thickening effects, however because of the decrease in sebum rates as well, it is the authors opinion that the results are due to the anti-androgenic properties of Ketoconazole.













Nizoral 1% Study

The effects of chronic use of 1% ketoconazole or a 1% zinc pyrithione shampoo on the general health of hair and scalp.

G. Piérard 1and G. Cauwenbergh2

1. Dept Dermatopathology, University of Liège, Belgium; 2. Skin research Center, Johnson & Johnson , Skillman, N.J., USA

Hundred male volunteers with mild to moderate dandruff and somewhat oily scalp, have used, in a double-blind fashion, a 1% ketoconazole shampoo or a 1% zinc pyrithione shampoo. The test shampoos were applied 2 to 3 times weekly for a total period of 6 months. Several parameters that affect the general health of hair and scalp were assessed at start, and after 1, 3 and 6 months. These parameters included the percent of hairs in anagen phase, the diameter of the hairs, sebum excretion rate at the hairline, and the number of hairs shed in the 24-hour period prior to each assessment. At the end of the study, the participants were asked to complete a questionnaire regarding the cosmetic acceptability of the test shampoos.

	<p>Forty-four ketoconazole users and forty-three zinc pyrithione users completed the 6 month study period. Analysis of the different parameters shows that the hair diameter gradually increases with chronic ketoconazole use (+8.46%) over a 6 month period, whereas the diameter shows a trend to decrease with zinc pyrithione use over the same period (-2.28%). The sebum excretion rate is reduced with ketoconazole (-6.54%) while it increases with zinc pyrithione (+8.2%) over the same period of time. The number of hair shed over a 24-hour period is reduced by 16.46% with ketoconazole and 6.02% with zinc pyrithione after 6 months. Finally, the percentage hairs in anagen phase increased by 6.4% and 8.4% respectively during the study time. Except for the percentage of hairs in anagen, which showed no difference between the two groups, all other parameters were significantly different in favor of the ketoconazole shampoo.</p> <p>Both shampoos have been shown to be good anti-dandruff ingredients. Assessment of parameters than can affect the health of hair and scalp, suggests that both ingredients show distinct differences in the way they affect the scalp; indicating that ketoconazole increases hair diameter and reduces scalp oil, whereas zinc pyrithione seems to yield opposite effects. This suggests that, besides their effect on the lipophilic yeast Malassezia spp, ketoconazole and zinc pyrithione act though quite different mechanisms. An overall analysis of hair diameter changes as a function of changes in sebum excretion rate suggests that a reduction in scalp oiliness seems to result in an increased hair diameter. This suggests that, in people with oily hair, regular use of ketoconazole shampoo may result in overall hair fullness</p>
 <p>Kiel J P New member Username: Kiel_j_p</p> <p>Post Number: 45 Registered: 07-2006</p>	<p>Posted on Thursday, January 18, 2007 - 01:21 pm:  </p> <hr/> <p>omg! thank God you're back!</p>
 <p>Brick_top New member Username: Brick_top</p> <p>Post Number: 43 Registered: 12-2006</p>	<p>Posted on Thursday, January 18, 2007 - 02:19 pm:  </p> <hr/> <p>jpj:</p> <p>Would people that don't have particularly oily scalps benefit from the nizoral? Can you drop some science 😊? That is, do you know why the hair diameter increases as a result of the oil production dropping? And, has this product been shown to not just maintain existing hair counts, but actually regrow hair?</p> <p>In any event, the info is interesting. I've been on the fence about whether to go out and buy some nizoral or not- I had used t-gel in the past and it never seemed to do anything for dandruff. Your info put me over the edge though- I will buy some as it seems to help a bit, and as everyone here knows, every little bit helps in the battle over your hair. I think you should get a commission.</p>
 <p>White Bulb New member Username: White_bulb</p> <p>Post Number: 106 Registered: 07-2006</p>	<p>Posted on Thursday, January 18, 2007 - 02:50 pm:  </p> <hr/> <p>That's very interesting.</p> <p>I don't use Niz, but I might just start.</p>
	<p>Posted on Thursday, January 18, 2007 - 03:39 pm:  </p> <hr/>

jpj

New member
Username: Jpj

Post Number: 186
Registered: 07-2006

Brick top,

Yes, you definitely would see less sebum on your scalp with nizoral usage 2-3 times a week after a couple of weeks. Leave it in for a couple of minutes or wash, rinse, wash thought. Thats the instructions. 2% might be a tad better, but studies indicate 1% is still quite effective.

Sebaceous glands are androgenically stimulated. The primary way to get them to produce less sebum is to lower androgenic stimulation of the androgen receptors on the gland. Nizoral apparently does this, and does it so well that it actually shrinks the very size of the gland by 19.4% in one of the studies. Hair's (head hair) does not need any androgens to grow at all. Its not like body hair that needs male hormone. Head hairs dont. So by putting a topical anti-androgen like ketoconazole (Nizoral's active ingredient) on your head will less stimulate the oil gland, but keep the same male hormones from suppressing hair growth.

Ive known about nizoral for several years and new it was anti-androgenic. However, I never did anything but glance at the study. Upon really looking the two studies over, its apparent that used 2-4 times a week (more isn't better here.....its literally bad for your hair to use nizoral every day for some reason), might really cut down on anti-androgenic stimuli of both the hair and sebaceous gland.

For those leery of shampoo usage, ketoconazole creams are available online at various drug stores.

I have been testing topical avocado oil (In a L'Oreal product that contains some apricot seed oil also----the anti-frizz serum) to see if its anti-androgenic and can slow down beard growth on one half of my chin. This has been going on a couple of weeks.

I also have been testing bourbon for over a month on one wrist, and quite frankly have seen very little that indicates to me that the its anti-androgenic topically (although we know it is internally). Ive decided to start putting a little nizoral lather on that same wrist for a few weeks to see if it slows hair growth in the area that I shaved it. I'll report back to say if it worked or not. The bourbon has not worked.

The alpecin on one half of my neck might have a slightly anti-androgenic effect. The hair there is a tad shorter than the other side, but nothing to get excited about.

Ive said it before, and I'll say it again. We as guys can test various anti-androgens on pathes of body hair and have a relative control, (the other arm, further up the arm) as well. I have tested crinagen (very very little effect), revivogen (good effect on wrist, but wrist skin isn't as thick as head skin), bourbon (no discernable effect), alpecin (might be a little anti-androgenic activity going on there....not a great deal though), and avacodo oil (still ongoing). I'd like to test spiro and revivogen on the beard and beer/green tea. That will about have the anti-androgens covered. that are really cheap and can be used at home. Im giving keto a whirl now. It should be about a month before I can really say with confidence that its suppressing the wrist growth a good deal.
















Nosy Son of a gun aren't I?



Posted on Thursday, January 18, 2007 - 06:05 pm:



D

<p>New member Username: Se_newb</p> <p>Post Number: 3 Registered: 09-2006</p>	<p>hi guys,</p> <p>i used Nizoral for 1-2 months. and had a negative reaction to it. i had skin peeling off my scalp and it took a lot of hair off in the process. that type of thing never happened to me before. i had quarter size pieces of skin coming off the vertex! when i stopped using nizoral, the condition went away. so my 2 cents is watch your scalp throughout the usage of this shampoo. however, it does seem to work for a lot of people.</p>
<p> D New member Username: Se_newb</p> <p>Post Number: 4 Registered: 09-2006</p>	<p>Posted on Thursday, January 18, 2007 - 06:15 pm:  </p> <hr/> <p>just to add details about my usage of nizoral: i used it 2-3 times a week and not every day. i was careful to wash it off and not leave anything in my hair.</p>
<p> Brick_top New member Username: Brick_top</p> <p>Post Number: 46 Registered: 12-2006</p>	<p>Posted on Thursday, January 18, 2007 - 09:59 pm:  </p> <hr/> <p>Wow, night of the living dead reaction</p>
<p> Ryan H New member Username: Rhm</p> <p>Post Number: 16 Registered: 08-2006</p>	<p>Posted on Thursday, January 18, 2007 - 11:50 pm:  </p> <hr/> <p>Thanks jjj, I have been using Nizoral 1% for about a year now (2-3 times a week) but it hasnt done anything major to improve my hair. On the days that I use it my scalp feels great and less oily, but on the days I dont my hair is back to normal. I think my hair situation may be getting better, but I attribute that to the SE and of course Niz doesnt hurt.</p> <p>I also use Progain Shampoo (from the makers of Rogaine but w/o and minox) on the off days.</p>
<p> Joe New member Username: Bluegoblin</p> <p>Post Number: 50 Registered: 08-2006</p>	<p>Posted on Saturday, January 27, 2007 - 05:31 pm:  </p> <hr/> <p>I've been using nizoral for a few months now and I think it's an ok shampoo, it doesn't remove my oily dandruff and I can't say anything about hairloss. My hairloss has definitely slowed down though but I attribute it to the SE, my diet change and supps I take.</p>
<p> Joe New member Username: Bluegoblin</p> <p>Post Number: 60 Registered: 08-2006</p>	<p>Posted on Monday, February 19, 2007 - 12:26 am:  </p> <hr/> <p>I just stopped using nizoral for a few weeks and I can tell that my hair shed is greater with a different shampoo.. so I think I'll get back to nizoral..</p> <p>"The number of hair shed over a 24-hour period was reduced by 16.46% with Nizoral"</p> <p>So is this really possible? I mean, can a shampoo make you shed more hair right after using it?? someone with more knowledge on the subject pls clarify this.</p>

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Red
Pat